



The Harrow Way

The Viabes Community Centre Magazine

Spring is a time of new beginnings

**WHY DON'T YOU TRY
SOMETHING NEW AND JOIN
US FOR AN ACTIVITY?**

**And then there
were 2...**

WANTED!

Following a relocation for one of our gardeners, we are looking for volunteer gardeners to join our volunteer team on a Tuesday morning. No experience is required but enthusiasm and being happy to get mucky are essential! If you can spare any time between 9 and 12 on a Tuesday morning, we would love to hear from you.

01256 473634 or office@viabes.org.uk

Community News

A successful start to 2022 for Cranbourne

Year 7 Transition 2022

We are looking forward to welcoming our Year 6 students. On the 1st March 2022 parents with children in Year 6 will be informed of their child's Secondary school placement. We are eager to welcome the students who will be joining Cranbourne in September 2022. We are very proud of the transition process that is in place here at Cranbourne which ensures students can move from Year 6 to Year 7 as smoothly as possible. This is a big step and at Cranbourne we aim to make new students feel as comfortable as possible in their new environment. Transition packs will be sent out at the beginning of March and our New Intake Parents' Evening is on Wednesday 16 March 2022 at 6.00 pm. Our Transition Co-ordinator, Ms Corrigan will then begin her visits to the primary schools after Easter. We are planning to offer on-line lessons for our new intake students, as we have done previously. These have proved to be very successful.

If you should wish to enquire about a Year 7 school place, please contact Susan Sayers on 01256 868605 or email s.sayers@cranbourne.hants.sch.uk

For more up to date information, please visit our website where you can see all Cranbourne has to offer: <https://www.cranbourne.hants.sch.uk/>



Cranbourne+ Poetry competition

Before Christmas our Lady Mayoress launched a poetry competition. Grammar stream English students tried their hand at writing some incredible pieces - we are proud that our school submitted the largest number of entries. Each student was inspired to be creative and write about how vital the UK chalk streams are to the local biodiversity of Plants, Insects and Animals with an aim of encouraging students to become closer to nature and really understand the importance of preserving the environment around them. Students were given the choice to pick from two prompts to help inspire their writing, The Cinderella River: the Loddon is called this by The Wildlife Trust for being so hard working yet overlooked, or Oceanus, Father of the River Gods (The British Museum is now home to a Roman ornament of Oceanus that was found in Basingstoke in 2020).

We are incredibly proud of our Cranbourne+ English students who entered some amazing poems for the Mayor's competition. Many congratulations to Brin, who won 1st place and Yvonne, who came 3rd in the 12-16 age category. What a fantastic achievement to be chosen from 140 entries!

Read the winning poems on the mayor's webpage: www.basingstoke.gov.uk/mayor-poetry-competition



Cranbourne has talent



Over the course of the past few weeks Cranbourne students have enjoyed showstopping performances from their peers, in the Andrew Lloyd Webber House competition 'Cranbourne Has Talent' hosted by Mrs Simpson. This house is dedicated to the Performing and Creative arts. The students have been beside themselves with excitement, finally able to take part in the talent show, after two years of Covid restrictions.

We aim to encourage self-expression and self-confidence, creating a positive understanding of the importance of the performing arts for both the acts and the audience. We have had some amazing auditions including, dance routines, stand-up comedy and piano performances. Our grand finale will be taking place on Thursday 17th February at 6:00pm in the school's specialist Drama Studio, with both students and their families invited to come along and cheer for the fantastic performers. They will then have the opportunity to vote for their favourite act and decide who will bring the Cranbourne Has Talent crown home!

Head of Andrew Lloyd-Webber house said:

"There has been a great buzz around school about Cranbourne Has Talent! We have held this competition yearly prior to the pandemic, and all students from each Houses have the chance to audition and take part.

Other students join in as part of the audience along with members of staff to show support to students. It has been so lovely to be able to see the students showcase their talents and come together as a whole school again."

Good luck to all our finalists and we look forward to seeing everyone for a fantastic show!

Jane Aplin, Headteacher



Message from the Manager

Hello Everyone!

It has been a busy start to the year, with the taking over of our Eastrop Building, The Roger Norris Community Centre, and the start of new activities to add to our ever-growing programme.

We have a great team of staff and volunteers working hard to deliver a range of activities and services to you all and look forward to meeting more of you at one or both of our centres.

We have Love To Move, a seated exercise programme, being delivered at Eastrop, along with a Sight Loss Coffee Morning—A Site for Sore Eyes! We also have Tiny Town, Arts and Crafts, Dino Play and more exciting projects coming your way! At Viables, the heart of our association, we continue to provide Memory Club, Messy Play, SEND Tots, Barn Tots, Little Seedlings, MEOWS Choir, Cribbage, Ukulele Classes and jam nights, Open mic and much more. In addition to this, our wonderful regular hirers at both buildings are providing a wealth of activities—from Indian Dance to Pilates; Brazilian Ju Jitsu to Art Classes and all in between! Feel free to contact us about any of these activities and we will give you as much information as we can to help you get involved.

Because of the increase in activity, and our usual level of being very busy bees, we are in need of a Site Ambassador to help us lock and unlock, particularly at the weekend where we like to welcome our party guests personally. If you have some spare time and live locally to help with this, or would be interested in taking on the role as a paid employee, PLEASE get in touch!

If you are on social media, please follow our accounts on Facebook, Instagram and Twitter.

FB—@viables

Insta—@viablescommunity @rmc_eastrop

Twitter—@ViablesCC

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Office@viables.org.uk or Bookings@therogermorriscentre.org.uk

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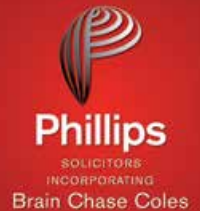
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NEW GROUP

TETC
HAMPSHIRE

STARTING MONDAY 6TH DEC

THE ROGER MORRIS CENTRE AT EASTROP
EASTROP WAY
BASINGSTOKE
RG21 4QE

EVERY MONDAY 19:00 - 20:30

GROUPS@TOUGHENOUGHTOCARE.ORG

#TOUGHTOGETHER

Peer to Peer Support Groups

What are TETC support groups?

We are here to support any male over the age of 18 going through a difficult time or just in need of a chat without being judged.

Why attend?

Why not?! Worth giving it a try and you may even be able to offer support as well as receive it, whilst enjoying a cuppa!

Do They help?

Talking always helps but it's surprising how much listening can help too. Sometimes it's hard to talk to people we're close to, but if you don't fancy talking then that's fine too.

What can I expect?

A friendly welcome with a cup of tea/coffee and a biscuit. No obligation to talk other than to say hello. Leave if it is not right for you—nobody will be offended.

What does it cost?

Nothing! So why not give it a go? It might just help you and it will definitely help others.

HAPPY AND HEALTHY TOGETHER AS SPRING TAKES HOLD

www.basingstokeu3a.org
facebook.com/Basingstokeu3a

Our Members Emerge Cheerfully from Winter and Lockdown

We've all had a difficult two years, and keeping ourselves cheerful, and out and about, hasn't been easy for everyone. But the days are lengthening, the temperature's rising, and our outdoor groups are flexing their muscles and getting ready to enjoy 2022. So if the pandemic has left you feeling low, or you're rather wishing you hadn't visited the biscuit tin quite so often, read on!

Some of our more energetic members cycle and are already planning tours abroad and home - as well as their usual weekly rides together. Our walkers haven't stopped in winter either and been enjoying our countryside every week. However if a shorter walk is more your 'cup of tea', the 'Walking with Your Camera Group' might be for you - they're busy planning their programme for 2022 as well.



Preferring to walk won't stop you playing football, rounders, and netball with us; these groups all play at walking pace and members move at the speed which suits them best.

If you want to play another kind of ball game, croquet will be starting again at the end of March

Or you could try skittles - which has the advantage of being indoors! As is our Folk and Country Dancing.

Not Feeling Quite so Energetic yet?

Sometimes a good chat with someone in the same boat can cheer you up, and we have groups to help with that too. We have a group called MOTO for people who live on their own, which have been hard in lockdown. Some members lunch together as part of our 'BCOT Luncheon Group', and our 'Ladies Who Lunch' meet together in someone's home, with the host responsible only for the main course. We did have a men's group which did the same - we could to start one up again if enough people were interested. Just let us know.

And as always, for just one annual membership fee, you can join as many groups as you can fit into your week. Check our website or email: basingstokeu3aenquiries@gmail.com

If you're not online

and would like a paper copy of all our current activities

phone: **07787 520 281**

Community News

CHALK RIDGE HAS A NEW HEAD AND LOTS OF SUPER HEROES TOO



Chalk Ridge was delighted to welcome Miss Sue Jackson as our new head teacher at the beginning of term. She's very busy getting to know everyone in the school, and thoroughly enjoying working with our lovely children and their families.

Meanwhile Year R Children learn to become Super Heroes

Our youngest children have been reading about super heroes and how to become one. We know well that Chalk Ridge has lots of super heroes hiding in the school - and in our local community too.

They've been using their funky fingers to untie the heroes that the baddies have tied up; to make masks for the heroes that still need them, and design lolly stick heroes too.

Along the way they've learnt how long it takes to finish some of their super hero work, and can now estimate the time needed when they're planning their adventures. Our community is in safe hands.



Our Older Children are Working Hard too

As well as working very hard on their lessons in class, Yr6 have 'hit the road' on their cycles to learn how to signal and manoeuvre safely. Well done to them on their Bikeability certificates. Yr5 have been exploring the universe, and been ready with their telescopes to watch the moon in its monthly cycles! Closer to home they've been studying San Francisco and deciding which tourist attractions they'd like to visit. And they've been learning too, about the devastation poaching is causing around the world, honing their skills as reporters at the same time. Local poachers beware!

Alongside all this hard work, some children took time to enjoy the Chinese New Year too. They made their own lanterns and took part in a colourful procession around the school grounds. Chalk Ridge is a Woodland School, and over the coming months we'll be working towards to making full use of our outside spaces. We're very lucky to have such large grounds, and want to use them to the full for our children's education. Watch this space.



Email: adminoffice@chalkridgepri.hants.sch.uk www.chalkridgepri.hants.sch.uk

Camrose, Gillies and Hackwood Partnership (CGH) Patient Participation Group (PPG) Newsletter

Dear all,

With a growing need for mental health support for the patient population, CGH have put in place a mental health team and resources, which include the following:

- Employed a GP, Dr. Webster, specialising in complex mental health patient care;
- A mental health nurse (CPN), to support a range of issues from acute crisis to longer term problems;
- MIND clinics run twice weekly for signposting patients and self help support with a Mental Health Adviser from MIND;
- Mental Health Multi-disciplinary Teams (MDT) working with local mental health services and consultants;
- Focus on mental health through staff communications, and training in understanding of the Mental Capacity Act (MCA) legislation;
- Shared resources for healthcare professionals on available mental health support for patients during the pandemic.

In addition, CGH are working with Southern Health to recruit a further Mental Health clinician. We would encourage patients who need support to contact the surgery for appointments, and to make full use of their services.

The PPG are delighted to announce that Matt Holman from Simpila Mental Health is guest speaker at our first PPG/Patient Open Meeting, on a date to be confirmed as soon as Covid uncertainty allows. We will invite patients to come and meet the PPG over coffee and cake, and hear Matt talk about mental health, with a chance to ask him, and the PPG, any questions. Excellent self help resources we can recommend are: <https://www.simpila.com/news-articles-and-resources/> and <https://happily.com/>

Covid Vaccinations for House Bound Patients, who are vulnerable, have mobility problems, and are unable to attend clinics, can be arranged by contacting the CGH surgery by e-consult or telephone for a home visit.

Complaints Procedure: Everyone at CGH works hard to meet patient needs. Inevitably, sometimes things go wrong. Patients are encouraged to use the Feedback/Complaints procedure at <https://cghpartnership.co.uk/about-us/comments-and-complaints/> CGH have a full-time Complaints Manager, Wayne Robinson. Complaints should be acknowledged within 3 working days will be fully investigated, and a targeted, final response should be sent within 40 days of receipt.

CGH/PPG/February, 2022

Digital Workshops

FREE!

Wednesdays 10.15 and
11.15

Call 01256 473634 to book
as we will keep groups
small

Got a tablet or smartphone and not sure how to use
it? We are running sessions for you to find out how to

- download an app
- create an email address
- do food shopping online
- use e-consults to book to see a doctor
and more!



Please book as
our volunteer
will attend only
if you are
booked in.

Hub Community Church

FINDING HOPE

Most people would probably agree that life can have challenges, difficulties and disappointments. Sometimes these can be almost overwhelming. In my work at our local food bank, it is my great privilege to be the face representing the generous people of Basingstoke who have kindly donated the food. All of us who volunteer there agree that we want to do more than give our clients a generous supply of food; we want to 'signpost' them towards other sources of help and support.

I often get into good conversations with clients and can identify these other ways of help, for example about housing, employment, finance or mental health. We really want our clients to leave the premises carrying not only food in their bags but hope in their hearts that there is 'light at the end of the tunnel'.

But there is also something else, another perhaps deeper well of hope. At the foodbank we have our 'prayer book'. In this book we write a short prayer for anyone who welcomes this. It asks God to help in any way that's requested. Then dozens of our prayer supporters ask God for that help on their behalf. Most clients are really happy for this, and also accept a free little booklet entitled 'Try Praying' that encourages them to do it themselves. We believe this increases hope and positive benefit.

If you would like one of these booklets or app go to <https://www.trypraying.org/> or contact us at <https://www.hubcommunitychurch.org/>

God bless, Paul, on behalf of Andy Wright, Hub lead pastor, who has Covid



Paul and Sue Wernham collecting from
schools during Covid



Outreach

Activities

Monday	
Messy/Sensory Play	13.00 - 13.45
Ukulele Classes	From 17:45
Booking is essential - contact: office@viables.org.uk	
Phoenix Martial Arts - Kickboxing	17.45- 21:15
Email Tom Hayward pma_kickboxing@hotmail.com	
Art classes in blocks of 10 weeks—contact Carrie on 07780 714656 for information or booking	Am and PM sessions
Tuesday	
Gardening Club	9:00 - 12:00
March - Nov 01256 473634	
Barn Tots - friendly, informal play for under 5's	9.45 - 11.30
01256 473634	
Dress Making classes	10:00 - 12:00
Contact Sewfistication on 07880 716593	
Move it or Lose it - Change the way you age, for over 60's	12:30 - 13:30
Amanda 07399 618947	
Zumba Gold with Kate	14.00-15.00
Cookstars with Natasha Children's cooking classes	16.00 - 17.15
E: natasha@cookstars.co.uk T: 07570 690 758	
Mencap	18.30—20.30
Krav Maga Self Defence Sonny 07851 433456	19.15 - 20.45
MEOWS - Wellbeing Choir for all Jeanette 07885 596380	19:30 - 21:00
Wednesday	
Pilates Elaine 07808 895279	10:00 - 11:00
Hatha Yoga Elaine 07808 895279	11.15 - 12.15
Dress Making classes	10:00 - 12:00
Contact Sewfistication on 07880 716593	
The Harrow Way over 55's group - fortnightly friendly meetings for mature members.	13:30 - 15:30
Slimming World	17:30, 18.30 & 19:30
Natalie	
The Bastion Gaming Club Jason 07763 521027	17:00 - 23:00
Thursday	
Baby Ballet for under 5s—BabyBallet Alton	9.00 - 11.30
Barn Tots SEND - friendly, informal play for under 5's with special educational needs and/or disabilities	10:00 - 11:30
01256 473634	
Baby Steps—postnatal group for babies and parents	13.00-14.20
Hampton Trust support group	17:00 - 21.00
Pilates Janice 07789 711294	17.45 - 20:00
Friday	
Little seedlings Music—Osborne Room—Book in advance using Trybooking office@viables.org.uk	10.00
01256 473634	
Weight Watchers Vanda 07771 884553 Please check times with your group leader	9.30am
Memory Club - Activities for those with dementia	10:30 - 12:30
Helene O'Connor 01256 473634 helene@viables.org.uk	
13:00 - 15:00	
Saturday	
Baby Ballet contact Babyballet Alton for details	8.30- 12.45
Five and More Senses SEND group https://www.trybooking.co.uk/BLLN	11.30-13.00
Sunday	
Healing Springs Church Ben 07984 544982	10:00 - 13:00
(And 18.00-20.00 2 x monthly)	



What's on at RMCC



Greetings from everyone at All Saints Church

Christmas Greetings from everyone at All Saints Church



January and February can be difficult months for many people but by the time you read this in March I hope there will be spring flowers in our gardens, parks and hedgerows, lengthening days and the promise of brighter, warmer times ahead! The hot cross buns and Easter Eggs will have been on the supermarket shelves for weeks – just to remind you that it will soon be Easter!

The Church looks forward to Easter as the central festival on which the heart of our Christian faith is based. In the six weeks running up to Easter, which is known as Lent, we try to spend some extra time concentrating on our relationship with God and clearing out of our lives all the things that so easily get in

the way of that and we might try to spend a little more time thinking of others rather than ourselves. That's not always easy of course, anymore than its easy to lose those extra pounds you put on at Christmas or to take yourself off for some exercise every day! But we want to be spiritually fit for Easter, which takes us from the drama and tragedy of Holy Week, through Jesus' crucifixion on Good Friday and on to the joy of the resurrection on Easter Day - a whole range of emotions and experiences.

At All Saints' Church we welcome everyone to come and join our service every Sunday at 10.00am: we're friendly and welcoming, our worship is traditional in style and the beauty of the music and the surroundings is uplifting. Around Easter time we add extra services to take us through the events of Holy Week. This year they are:

- Sunday March 27th at 10.00am Mothering Sunday a special service for all the family.
- Sunday April 10th at 10.00am Palm Sunday Jesus entered Jerusalem and was greeted as a King
- Thursday April 14th at 7.30pm Maundy Thursday – Jesus Last Supper with his disciples
- Friday April 15th at 2.00pm Good Friday - Jesus died on the cross
- Sunday April 17th at 10.00am Easter Day - Jesus' resurrection.

We look forward to welcoming you to All Saints at any time. Further details can be found on either our website or our Facebook page – don't hesitate to get in touch.

Revd. Jane Leese

Assistant Priest at All Saints Church


<https://www.facebook.com/allsaintsbasingstoke>

<http://www.basingstoketearmaphish.org.uk/all-saints-church-basingstoke>

CRIBBAGE PAIRS EVENINGS

FIRST FRIDAY OF THE MONTH
19.30 - 21.30
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01256 473634
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Did you know we have a membership scheme?

MEMBERSHIP


Join Us



Keen to learn to play the ukulele?

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To find out more, contact us on 01256 473634 or viables.org.uk



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Osborne Room, Viables Community Centre
Tuesdays 7:30pm - 9pm
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Contact us at office@viables.org.uk or call Jeanette on 07885 596380



SALE

Rescheduled Date
Saturday April 2nd 2-4pm

Basingstoke's Bump2Bargain
Items suitable for 0-5 years

To book a table call 01256 473634 or email office@viables.org.uk

Tables Cost £5.00



Indoor Car Boot Sales
Viables Community Centre

Starting Saturday 26th March 1.30-3pm then last Saturday of each month!

To Book please call 01256 473634 or email office@viables.org.uk

CAR BOOT SALE



Open Mic Vivo

Saturday 19th March, 9th April, 21st May
7:30pm til 11pm
at Viables Community Centre

Entry for all is £1
The Viables Community Centre



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The perfect day

All this, set amid a quaint little craft village you can explore before or after your class making this a wonderful day out to share with someone special or to come and enjoy while making new friends.

See what's coming up next at www.thesugarcraftcontessa.co.uk-events discover a delicious new skill to share with friends and family.

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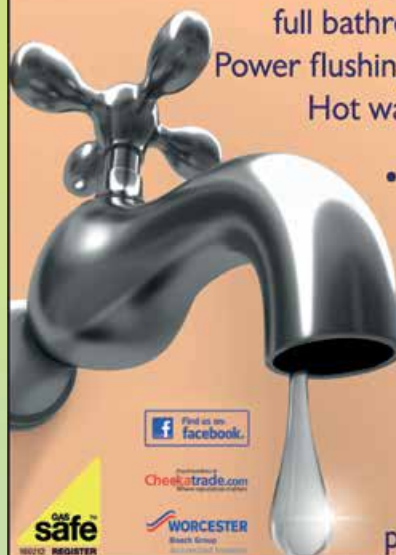
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